



Nutrition

Individual Action Plan
Help Guide

Your Daily Meal Planner

Daily Meal Planner
Weekly Activity

February 10, 2011

1.

2.

3.

4.

Breakfast	add item	replace meal	Calories	Fiber	Carbs.	Fat	Protein
<input checked="" type="checkbox"/> water			0	0	0	0	0
<input type="checkbox"/> orange juice, 100%, 1 cup		delete	110	0	25	0	1
<input type="checkbox"/> egg, large scrambled, 1		delete	102	0	1	7	6

Lunch	add item	replace meal	Calories	Fiber	Carbs.	Fat	Protein
<input checked="" type="checkbox"/> water			0	0	0	0	0
<input checked="" type="checkbox"/> broccoli, cooked, 1/2 cup			27	2	5	0	1
<input checked="" type="checkbox"/> Ramen Noodles			14	-	37	6	-
<input checked="" type="checkbox"/> chicken breast, 3 oz			130	0	0	1	27

Dinner	add item	replace meal	Calories	Fiber	Carbs.	Fat	Protein
<input checked="" type="checkbox"/> New York strip topped w/ sautéed mushrooms in olive oil			296	1	4	19	27
<input checked="" type="checkbox"/> New York strip, 3 oz			155	0	0	5	24
<input checked="" type="checkbox"/> mushrooms, portabella, 1 cup			22	1	4	0	2
<input checked="" type="checkbox"/> olive oil, 1 Tbsp			119	0	0	13	0
<input checked="" type="checkbox"/> potato, medium, baked, 1			161	3	36	0	4
<input checked="" type="checkbox"/> salad w/ ranch dressing			41	1	3	2	0
<input checked="" type="checkbox"/> lettuce, romaine, 1 cup			8	0	1	0	0
<input checked="" type="checkbox"/> dressing, ranch light, 1 Tbsp			33	0	2	2	0

Snack	add item	replace meal	Calories	Fiber	Carbs.	Fat	Protein
<div>5.</div> <div>Today's Numbers:</div> <div>6696852758</div> <div>Today's Goals:</div> <div>1443-164325-35135-25134-6039-135</div>							

Based on your response to questions during the enrollment, this Planner starts with suggested meal plans. However, you can make your own food substitutions and customize entire meals.

1. Choose items by clicking the check box next to them.
2. You can add an item or replace the entire meal by clicking add item or replace meal.
3. You can delete items by clicking delete.
4. Click the arrows to move days forward/backwards, or click the calendar and pick a day.
5. This shows your nutritional and your goal numbers for the day.

Add a Food Item

Lunch		add item	replace meal	Calories	Fiber	Carbs.	Fat	Protein
<input type="checkbox"/>	broccoli, cooked, 1/2 cup	delete	☆	27	2	5	0	1
<input type="checkbox"/>	Ramen Noodles	delete	★	14	-	37	6	-
Dinner				Calories	Fiber	Carbs.	Fat	Protein

Entree								
turkey burger w/ avocado, tomatoes, & lettuce				402	5	27	20	28

1.

SAVE **CANCEL**

3.

Snack		add item	replace meal	Calories	Fiber	Carbs.	Fat	Protein
<input type="checkbox"/>	walnuts, 1 oz	delete	☆	196	2	3	20	2
Today's Numbers:				0	0	0	0	0
Today's Goals:				1443-1643	25-35	135-251	34-60	39-135

2.

1. You can add a food item or entrée from a drop-down menu.
2. Once you have chosen your item, click save.
3. If you can't find the item you are looking for, click cancel and choose **Custom Food Item** (next page).

Add a Custom Food Item

Daily Meal Planner **Weekly Activity** February 11, 2011 PRINT THIS WEEK'S GROCERY LIST

Breakfast		Calories	Fiber	Carbs.	Fat	Protein
<input type="checkbox"/> Blueberry Muffin	delete ★	380	1	49	19	5

Lunch		Calories	Fiber	Carbs.	Fat	Protein
<input type="checkbox"/> broccoli, cooked, 1/2 cup	delete ☆	27	2	5	0	1
<input type="checkbox"/> Ramen Noodles	delete ★	14	-	37	6	-

Dinner		Calories	Fiber	Carbs.	Fat	Protein
--------	--	----------	-------	--------	-----	---------

Custom Food Item ▼

Add a new custom food ▼

T-Bone Steak 168 0 8 23

SAVE **CANCEL**

Snack		Calories	Fiber	Carbs.	Fat	Protein
<input type="checkbox"/> walnuts, 1 oz	delete ☆	196	2	3	20	2

Today's Numbers:		0	0	0	0	0
Today's Goals:		1443-1643	25-35	135-251	34-60	39-135

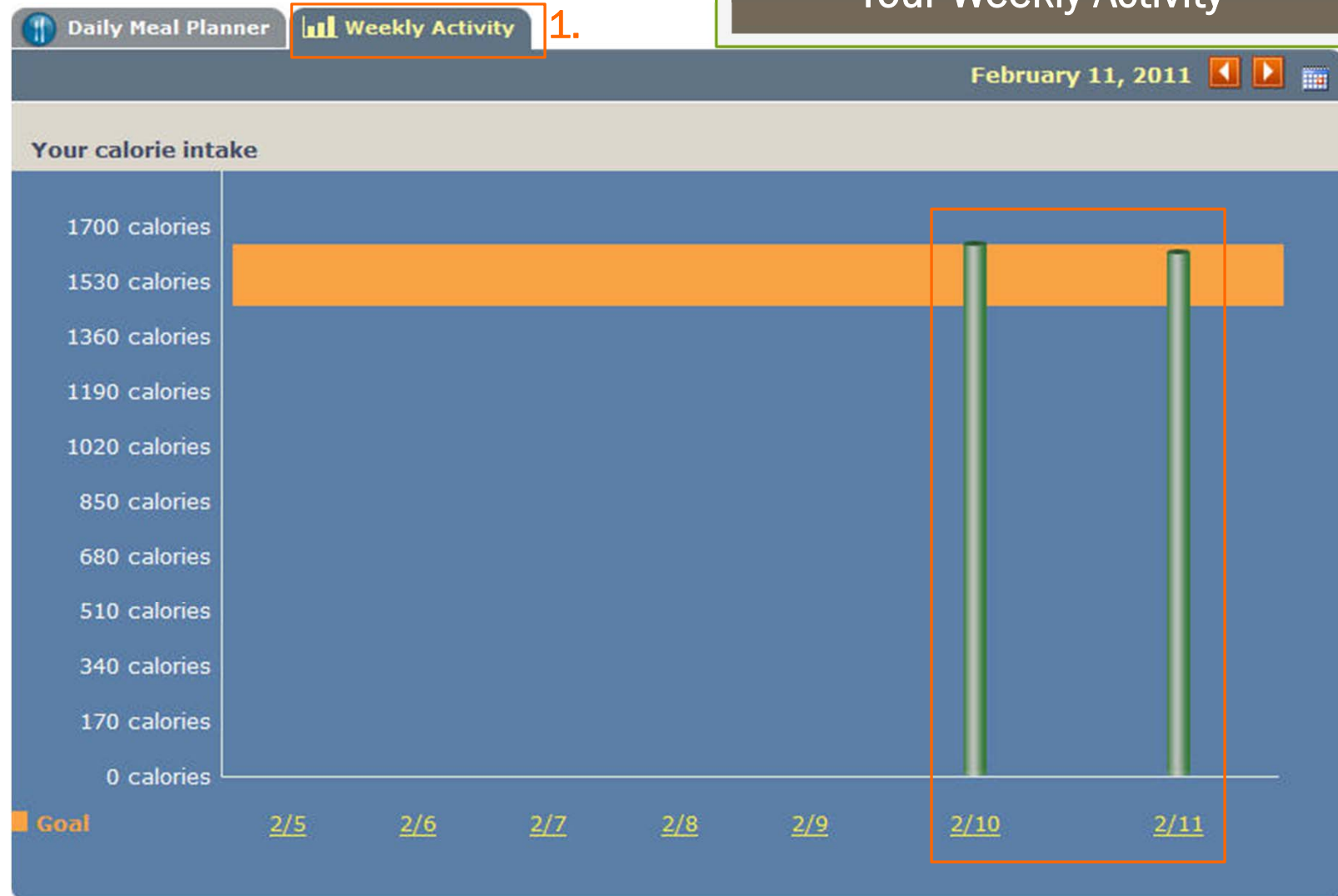
2.

- To add a food not on the list, choose "Custom Food Item" from the drop down menu and type in the item. You can locate the nutritional values on the package of the food item or by looking it up on the internet.

In only a few minutes, you can completely tailor your daily meal planner. You will be asked for all the nutritional values, but you are only required to put in the calories.

- You can print a weekly grocery list to help you shop for everything you need to fix the meals in your planner.

Your Weekly Activity



1. The **Weekly Activity** tab lets you track your progress by comparing daily calorie totals from your meals and snacks in relation to your daily calorie goals.

Road to Gold Reward Page



Lifestyle Improvement Program Meal Planner

To complete your individual action plan, you can make planner entries and complete phased readings. Each planner entry you make counts toward one of the three you need to meet your weekly goal. Completing a phased reading, including the quiz, also counts as one activity.

To check your progress on the road to gold, return frequently to your Rewards page where you can see when you have met the requirements for gold.

Healthy Incentives Road to Gold

[Change my Individual Action Plan](#)

Secure Messages (0 new)

Rewards ([check status](#))

1.

Actions Available

After you complete one of the actions below, you may find that action at the bottom of the list when you return to this page. That's because this page is designed to rotate the activities so you can review other options that might interest you. Of course, you will still be able to continue with the option you've already selected.

Complete a phase of readings in the Exercise Lifestyle Improvement Program [Tell me more](#)

CLICK HERE TO START

Complete a phase of readings in the Nutrition Lifestyle Improvement Program [Tell me more](#)

CLICK HERE TO START

3.

History

The following list is a record of the actions you have completed, the weekly goals you have met, and the individual benefit status you have achieved. Complete 3 actions per week to earn gold.

Individual Benefit Status

1/3/2011	Bronze. Conf#: DB1A8485-1130407335
1/4/2011	Silver. Conf#: 2D94EC1B-1130413177

Actions completed

2/10/2011	Update the Exercise Planner
2/10/2011	Update the Exercise Planner
2/10/2011	Update the Exercise Planner

2.

1. Click the **check status** link at the top of the page to get to the **Road to Gold** page.
2. Scroll down and you can see your history: What actions have been completed (and when) and what your Individual Benefit status for 2012 currently is.
3. You can also pick another action by clicking on one of the orange **Click Here to Start** buttons. You can complete a phase of reading, update your personal health record, make an entry on a tracker, read a Healthy Incentives Rewards article, or try a different planner. *Note: after you complete one of the actions listed, you may find that action at the bottom of the list when you return to the page. That's because the page is designed to rotate the activities so you can review other options that might interest you.*